



# JULY

2025

	M O N	T U E S	W E D	T H U	F R I	S A T	S U N
Morning 11am	Sing-a-Long session	Armchair Excercise	Poetry Session	Mindfulness Yoga	Flower Arranging	Movement & Music	Morning Reading
Afternoon Activity  3pm	College Volunteers	Entertainment: Naomi	Garden Games	School Visit	Baking Club	Afternoon Tea	Sunday Cinema Club